

*The Efficacy of Integrated BioEnergetics Emotional Processing and Energetic Reframing
in Relation to Allergies and Unhealed Traumas*

By Constance Wells

2010

This is an outcomes study of the efficacy of the holistic Integrative BioEnergetic Emotional Processing and Energetic Reframing Therapy (IBEAPER) in the treatment of psychosomatic disorders, in particular allergies, in relation to unhealed traumas. The research involved evaluating the integrative healing approach of both physical bioenergetic intervention and the psychological healing of the emotional onset experienced in the clients' histories as direct links to the present physical symptoms. This multi-method design was predominantly qualitative, using case histories and interview schedules, with a quantitative SUDS scale used for triangulating substantiating evidence. Data was also collected via photographs and the IQS system for triangulation purposes, providing baseline information and assessment of physical functioning as a result of holistic therapy. Data analysis revealed that all 14 of the participants, who ranged in age from 24 to 68, responded that their presenting physical symptoms were completely alleviated during the course of therapy. All had extensive previous conventional medical treatment, and all considered this therapy a last resort. The treatments had significant positive effects on their emotional states, spiritual states, social lives, relationships with others, depression, sleep issues, and in other unexpected ways. The findings suggest that IBEAPER therapy is a beneficial and effective mode of therapy and a valuable holistic approach to treatment of allergies, where there is a mind/body component in the etiology of the disorder.